

# World Health Day

The theme for World Health day 2017 is

## DEPRESSION



Let's Talk

### Depression: What You Should Know:



Depression is the second leading cause of death among 15-29 year olds



Depression can affect anyone, regardless of age, sex, location or social status.



**Symptoms:** Persistent sadness, loss of interest in normally enjoyable activities; an inability to carry out daily activities, for at least two weeks.



People with depression normally also have: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.



If you think you are depressed, talk to someone you trust, about your feelings. Most people feel better after talking to someone who cares about them.



Exercise regularly, even if it's just a short walk. Stick to regular eating and sleeping habits. Avoid or restrict alcohol intake and refrain from using illicit drugs



If you feel suicidal, contact someone for help immediately.



Remember:

**DEPRESSION IS NOT A SIGN OF WEAKNESS.**

**It is treatable, with talking therapies or antidepressant medication or a combination of both.**

*\*Source: <http://www.who.int/campaigns/world-health-day/2017/toolkit.pdf?ua=1>*

Issued in Public Interest, by United Way Mumbai

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United Way Mumbai undertakes community health interventions, wherein we work towards ensuring the physical and psychological well being of the targeted beneficiaries:

#### PROJECT POSHAN: FIGHT AGAINST MALNUTRITION

Interventions for nutritional supplements and creating an enabling environment in the communities for alleviating malnutrition among children.

2000+ undernourished children being impacted

#### TACKLING HEPATITIS

Targeted medical interventions and preventive education on Hepatitis B among high risk community groups.

20000+ community stakeholders being impacted including commercial sex workers, LGBTQ community, intravenous drug users, public health workers, college youth etc.

#### IMPROVING CHILD HEALTH

Integrated approach for better child health through food security and preventive health education among school aged children.

3000+ children from underprivileged communities being impacted

#### TOGETHER ON DIABETES

For education, prevention and control of diabetes among unorganized sector workers.

5000+ unorganized sector workers impacted

#### WOMEN'S HEALTH

Targeted medical interventions for improving health of women from underprivileged communities

1000+ women from underprivileged communities impacted